

**SHORT NOTES ON NICE**

**BY**

**J. STANNUS HUGHES, M.D.**

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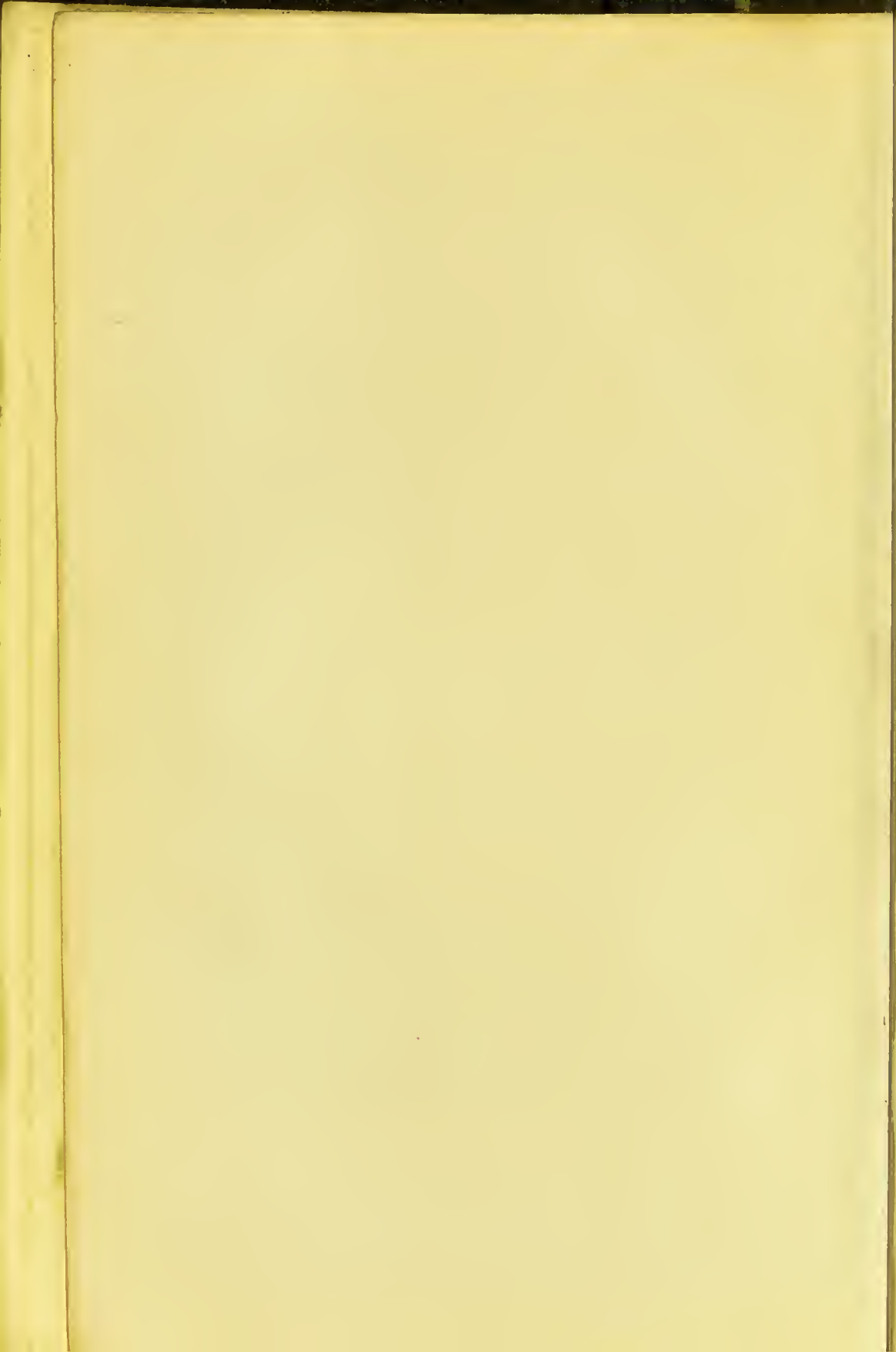
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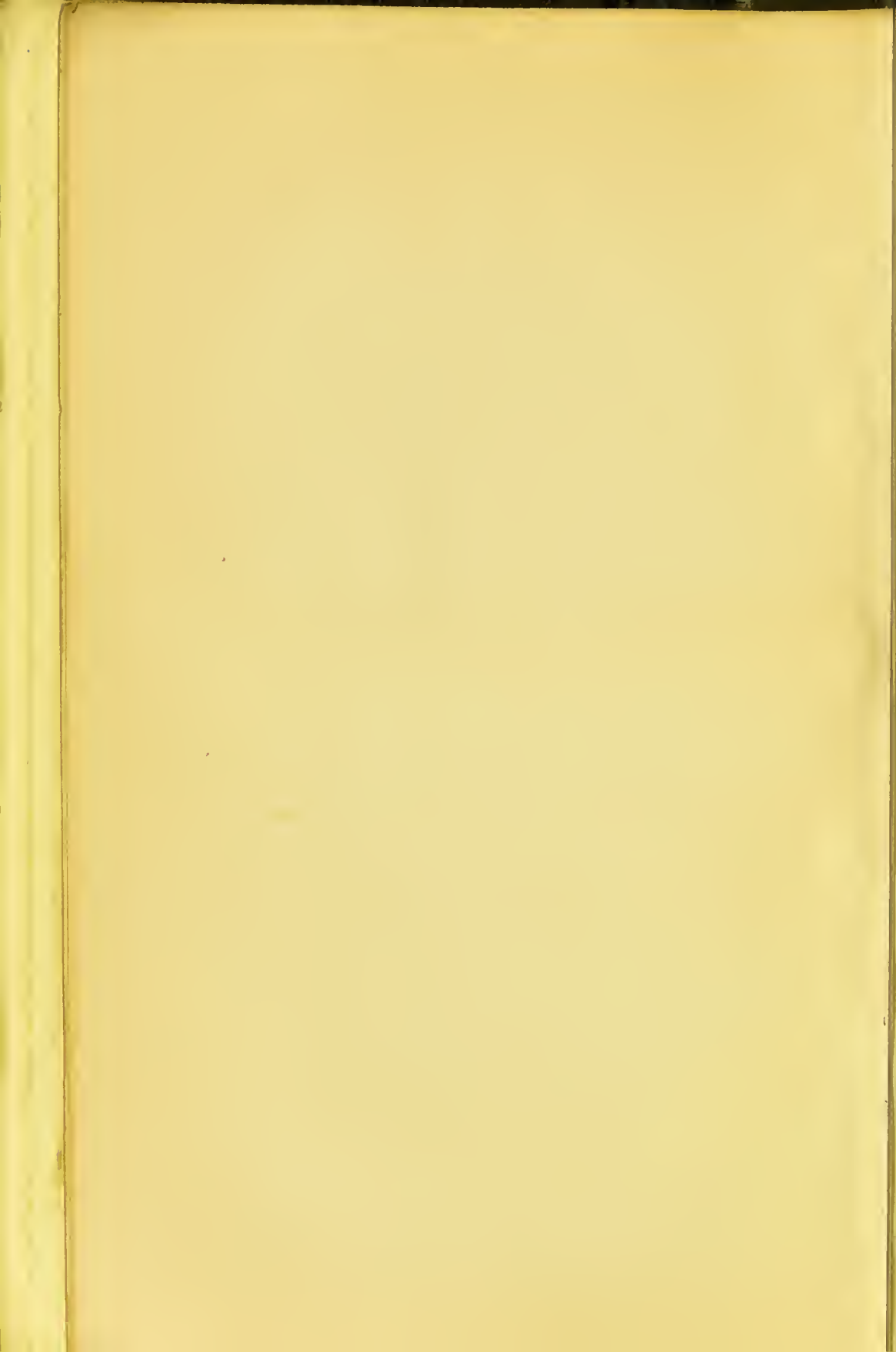
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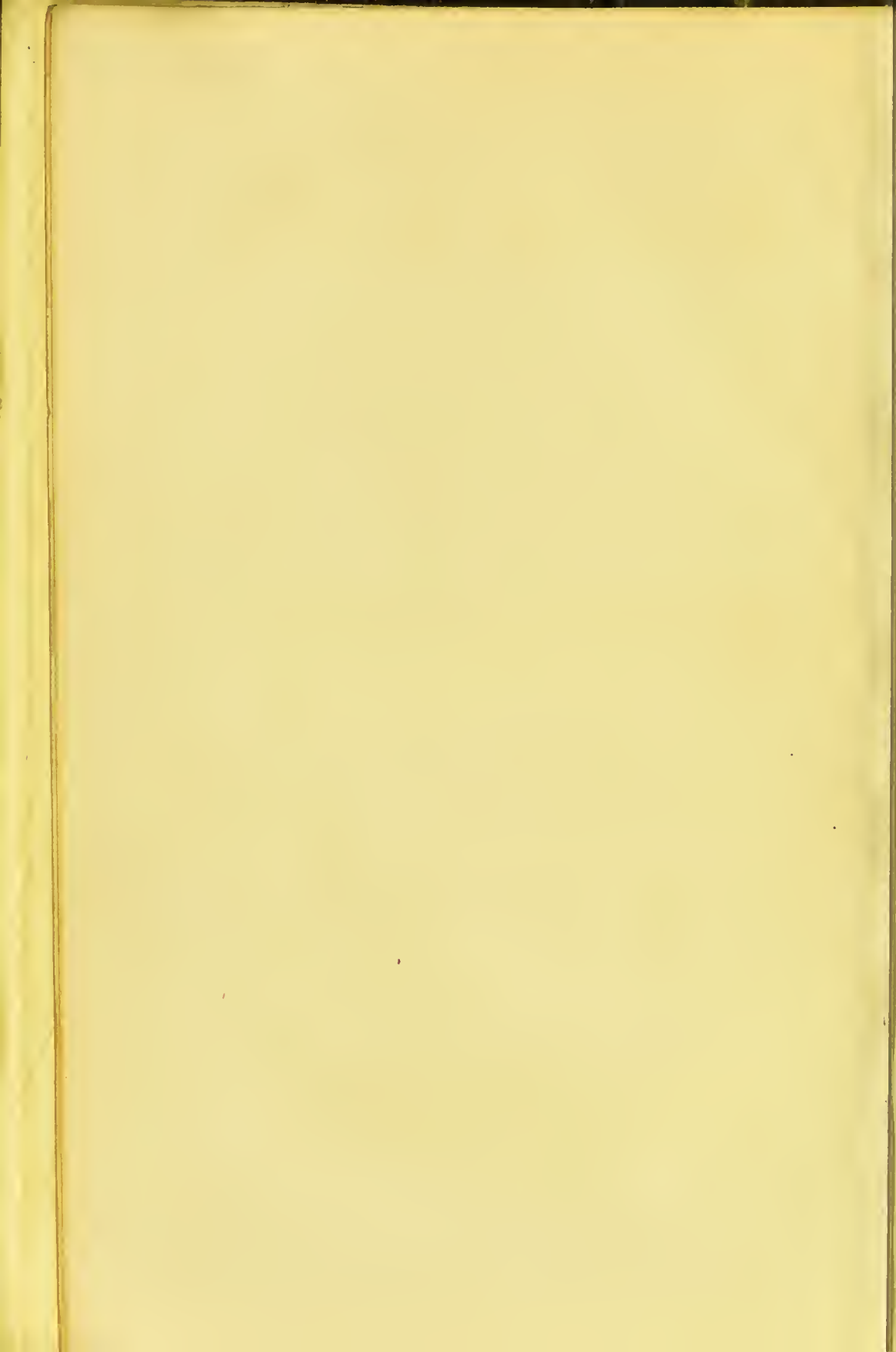






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*Dr. Arthur Farre*

*With J. S. Hughes's kind regards.*

# SHORT NOTES ON NICE.

BY

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## SHORT NOTES ON NICE.

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NICE, *December 24th*, 1867.

HAVING been afforded an opportunity of visiting Nice during the winter season, one of the severest that has occurred in the South of France for many years past, I think it may not be out of place to give my professional brethren at home, many of whom are constantly, no doubt, consulted on the subject of change of climate, my unprejudiced opinion respecting this far-famed place as a winter residence for invalids.

To begin. I must say that Nice has altogether answered my expectations as a winter abode for patients suffering under certain forms of ill health, but more especially from chronic chest affections, provided a proper selection of such cases is made, and that patients will strictly adhere to the directions of their medical advisers—of which more hereafter.

The climate of Nice is wonderfully mild and sunny as compared with ours. Thus, as a general rule, from nine o'clock in the morning until near sunset at this period of the year, an invalid can, generally speaking, enjoy the open air except when it rains, which is seldom the case, or when the "mistral" is blowing, or in other words, when the north-west wind, deprived of its moisture, whilst passing over the lofty snow-clad mountain ranges, and deflected, is blowing strongly from the east, or the south-eastern point of the Bay of Nice, or the Point of Var, at which periods the wind is so cold and searching, and so drying up, as it were, that it is almost intolerable, even to those who, like myself, have nothing amiss with their general health.<sup>1</sup>

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<sup>1</sup> I am told that the Nizzards or inhabitants of Old Nice dread the direct north-west wind, but the modern parts of Nice are, to a great extent, sheltered from that wind.

When the mistral is blowing, it is often accompanied by clouds of dust, which add greatly to the trying and injurious effects of the cutting wind; but, as I shall presently point out, patients can very soon, by acquiring a knowledge of Nice, and by selecting, with the assistance of their medical advisers, a suitable locality, to a great extent avoid both the mistral and the dust.

The best possible way, in my mind, to describe Nice as a residence for invalids, is to divide it into three *departments*.

*No. 1 Department* comprises that portion of Nice which is on the border of the Mediterranean, and extends along the Bay of Nice from Var Point to Cape de Nice, at Villa Franca, a portion of which lies between the Rue de France and the Croix de Marbre and the sea, about one English mile and a quarter in extent, and which has been called the Promenade des Anglais, is a terraced road (planted with palm and other trees, and green hedge-rows) for pedestrians, equestrians, and those taking carriage-exercise. Along the land side of this beautiful and sunny promenade, first-class villa residences, hotels, and boarding-houses have been built, which command charming sea views. Connected with many of the residences on the Promenade des Anglais there are handsome gardens, studded over with orange, lemon, palm, and other trees in perfection.

At the first glance a visitor is inclined to think that this Promenade des Anglais is a very exposed situation, and that few invalids could consequently enjoy it, and I admit that was my own first impression; but experience soon proves that that is an erroneous idea, and that, as a general rule, even comparatively delicate people can saunter on this celebrated promenade from eleven to three o'clock on any given day in winter, provided it is not raining or the wind is not blowing strong, especially from the south-east, east, or south-west, when prudent invalids will seek shelter in either of the two other departments, or one or other of the inland roads, presently to be described.

The easiest way to give persons who have never been at Nice at this season of the year an idea of the advantages



to be gained by a residence here, is to state, that on yesterday (Christmas Day),<sup>1</sup> the thermometer stood at 84° Farh., at 11 o'clock A.M., in the sun, and that the promenade on the beach, which was crowded to excess, was so hot from 12 to 3 o'clock, that the majority of the people there were obliged, like myself, to shelter themselves under thin white linen parasols, from the sun's rays, and were to be seen sitting on chairs and benches under the trees, enjoying the delightful weather, whilst numerous little yachts with their snow-white latine sails, were visible in the bay, the day being as genial and cloudless as the finest summer's day in Ireland; but at Nice, as in many other southern climates, an invalid must be very cautious, indeed, in his movements. Thus, he should always saunter in the sun, carry a light overcoat on his arm, a linen parasol to use when necessary, and he should invariably return to his sitting-room before sunset, for even on the finest days, just about the time the sun goes down, the air suddenly becomes not only chilly, but damp, as it did on yesterday afternoon, when a dense dew or fog could be seen over Nice from the chateau,<sup>2</sup> just as the sun was about to disappear. It is, however, right here to state, that generally speaking, soon after sunset, the atmosphere of Nice becomes agreeable and warm again.

There is a small region of Nice called the Lazarette, which is situated close to the sea beyond the Port of Nice, called the Port of Lympia, and between the Castle-hill and the Montboron (which latter divides Nice from Villa Franca), this little favoured spot is so sheltered from all winds, that some authorities, including Dr. Pantaleone, who first directed my attention to it, consider it equal to any other place along the Riviera. There are there some pretty villa residences, as well as an hotel, and the vegetation there is the best at Nice, consequently it is a good

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<sup>1</sup> I am informed by Dr. Trousdell, a gentleman practising here, that on Christmas Day, 1866, the thermometer at Nice was, at twelve o'clock, 96° Farh. in the sun, and 62° Farh. in the shade.

<sup>2</sup> The chateau is a fort built on a hill, 800 feet high, over the port of Nice, which commands a very beautiful and extensive view of Nice and the surrounding country.

situation for patients suffering under pulmonary consumption, who are not troubled with an irritative cough.

Although that portion of the department of Nice, which I have attempted to describe under the head of No. 1, agrees as a residence with many people who come here for health, yet owing either to the tension of the atmosphere, the almost ceaseless roll of the waves on the shore, and the noise of the displaced shingle, or from some unknown causes, some people cannot sleep there, completely losing their "rest." Indeed, several cases have been related to me, by the leading physicians at Nice, proving that such is undoubtedly the case. Thus, for instance, Dr. Travis informs me, that a very distinguished and well-known Professor of Surgery, was at Nice sometime since for his health, and took up his abode at one of the first-class hotels on the Promenade des Anglais, but did not close his eyes for the following three nights. On the fourth night he was induced by Dr. Travis to change to an hotel at Longchamp (which, together with Beaulieu, being on the same level, although a little inland, deserves to be comprised in the Department No. 1), not more than between two and three hundred yards off. That night the worthy Professor slept uninterruptedly for eight hours, but not believing it possible that *he* could be kept awake by any of the assigned causes at the hotel on the Promenade des Anglais, he returned there, and paid for his incredulity by a sleepless night, when he was but too glad to engage apartments inland for the remainder of his sojourn at Nice.

With regard to the quarters of Longchamp and Beaulieu, they lie in a low ground under the level of all the other Champuses, they are flat, having been originally marshy grounds, accordingly water is found everywhere, and looking at evening down on these quarters from the mountain at Cimiez you see a slight fog or mist covering them. Now Dr. Pantaleone remarks in a letter to me on the subject, "that this circumstance, which would discredit this district in any other country, makes it at Nice, where, generally speaking, there exists an extraordinary dryness of the atmosphere, a

preferable abode to cases mixed with sub-inflammatory action, especially cases of sub-acute pulmonary or bronchial affections."

*The 2nd department of Nice* is comprised of Carabacel, formerly a pretty village, at the foot of the Nice mountains, but which has of late, by the rapid extension of the buildings of Nice, become a part of the town. Carabacel is extremely well sheltered, and is away from the sea. At Carabacel, patients with a chronic dry cough will be benefitted by a residence; here there are some excellent hotels and boarding-houses, the latter being in their charges suited to people of all means; the hotels are more moderate in their charges than those in Nice itself, or on the Promenade des Anglais; some of the Pensions or boarding-houses at Carabacel receive boarders by the week or month, at wonderfully moderate prices. For some patients Carabacel is too relaxing, and for others it is too dull—being away from the many rational and healthful attractions of Nice.

*The third and last department of Nice* is that of Cimies, which is situated at a considerable height above Carabacel and is both warm and bracing, the soil being dry from position and natural drainage, and being well sheltered by the Maritime Alps from cold winds. For invalids requiring both a dry and warm atmosphere Cimies presents many advantages—its disadvantages consisting in its extreme retirement and its distance from Nice; but, on the other hand, the scenery is most lovely, and the situation in every respect cheerful, and here there are as good, if not better, residences than elsewhere, being both handsome, commodious, and not very expensive, comparatively speaking. A residence at Cimies for an invalid would almost involve the necessity of keeping a carriage. In whichever of the foregoing departments, invalids, coming to Nice for the winter, may be induced to take up their residences, they cannot be too particular in the selection of bed-rooms, and sitting-rooms, which should invariably face the South, for rooms with other aspects are excessively cold in this region, being shut out from the genial influences of the sun, and therefore fires are required in them, especially at night-



time, whilst fires are seldom called for in rooms facing the south, except indeed in unusually cold weather.

It is important for medical men to know that there are two excellent apothecaries' establishments in Nice, kept by Messrs. Daniel and Musso, where prescriptions are accurately compounded by qualified Englishmen, according to the British Pharmacopœia.

With respect to the out-door healthful amusements of Nice, matters of unquestionable importance in a sanitary point of view, an excellent military band plays every day (weather permitting) either in the old or new town : in the latter, the place selected, generally speaking, is the beautiful and well sheltered modern "English Garden," at the commencement of the Promenade des Anglais.

Amongst the other healthful attractions of Nice, I must not omit to mention the pony carriages, for hire by the hour or day, which are light and graceful, and by no means expensive, considering the admirable manner in which they are turned out.

Row-boats of all kinds, and small yachts, can be hired at a moderate tariff at the harbour of Nice, and for those who like the sea, boating here in calm weather is very enjoyable:

With regard to in-door amusements, the Prefect of the Maritime Alps, who has a palatial residence here, receives visitors every week in the season, and he and his lady, as the majority of people sojourning for any time at Nice know by experience, are very attentive to strangers ; they give two or three balls during the season, which are well worth attending, when health permits. There are two excellent English lending-libraries here, where every book of repute can be had. At the Massena Club there are matinees every week in the season, from three to five o'clock in the afternoon, to which members have the privilege of inviting ladies. For gentlemen who are able to enjoy them, the clubs of Nice are a great source of recreation; lately a Casino has been opened on the Promenade des Anglais, provided with reading, conversation, billiards, smoking, concert and ball rooms, and there is a table d'hôte at a moderate charge every day at the Casino during the



season. There is also a theatre at present open here, where Italian and other companies perform during the season.

The cheap wines which are made in the neighbourhood of Nice are tolerably good, the Bellet wine being about the best. The St. George, which appears to be much used, is an agreeable drink in warm weather when mixed with water; the wine in most use amongst the English visitors is Marsala, which is both good and cheap. I am glad to see that Marsala has lately been largely imported into Dublin by all of our respectable wine merchants, and that its value is becoming more and more known every day by our countrymen. Excellent wines, from all parts of the world, can be procured at Nice to suit the tastes and requirements of visitors, at prices not extravagantly high. There are two English "Restaurants" here, where English dishes, and English ales, &c., can be had by those who prefer them to the Continental modes of living.

In describing the bay of Nice, in 1832, the learned author of that charming book, "Pencilings by the Way," remarks:—

"The hills of the amphitheatre opposite us are covered with olive, lemon, and orange trees, and in the evening, from the time the land breeze commences to blow off the shore, until ten or eleven, the air is impregnated with the delicate perfume of the orange-blossom, than which nothing could be more grateful. Nice is called the hospital of Europe, and truly under this divine sky, and with the inspiring vitality and softness of the air, and all that nature can lavish of luxuriance and variety of hills, it is the place, if there is one in the world, where the drooping spirit of the invalid must revive and renew. At this moment the sun has crept from the peak of the highest mountain across the bay, and we shall scent presently the spicy wind from the shore.

"The Mediterranean curves gracefully into the crescented shore of the lovely bay, and the hills loom away from the skirts of the town in an unbroken slope of cultivation to the top. Large handsome buildings face you on the long quay as you approach, and white chimneys and half concealed fronts of country houses and suburban villas appear

through the olives and orange trees with which the whole amphitheatre is covered; a painter would not mingle a landscape more picturesquely."

The following is the interesting description which was published of the old town of Nice by Tobias Smollett, M.D., in 1765, introductory to a register of the weather<sup>1</sup> kept by him at Nice from November 1763 to March 1765:—

"The town of Nice is situated in the bay of Antibes, latitude forty-three degrees, forty minutes north; east longitude from London, seven degrees, twenty-five minutes, equidistant from Marseilles, Genoa, and Turin, that is about ninety English miles. The north wind blows over the maritime Alps, at the feet of which the town is situated; the south from Cape Bona, on the coast of Barbary, sweeping the islands of Sardinia and Corsica in its passage; the east from the Riviera of Genoa; and the west from Provence.

"The town of Nice is wedged between a steep rock to the eastward, and the river Paglion, which washes the wall upon the west, and falls into the Mediterranean, within thirty yards of the corner bastion.

"This river is but a scanty stream, fed chiefly by the melting of the snow upon the mountains. It is sometimes swelled to a great depth, by sudden torrents; but in the summer it is usually dry.

"The town of Nice is built of stone, and the streets are narrow. It is said to contain 12,000 inhabitants, in which case they must be much crowded, for the place is but small. There is a bridge of three arches over the Paglion, which is the entrance from the side of Provence. Nice is surrounded on this side by a wall and rampart of no strength; on the other side it is commanded by a high rock, on which appear the ruins of an old castle, which was once deemed impregnable. It was taken, and dismantled by Mareschal Catinat, in the reign of Victor Amadeus, father to the present king of Sardinia. To the eastward of this rock is the harbour of Nice, in which there is not

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<sup>1</sup> "The Miscellaneous Works of Tobias Smollett, M.D., by Robert Anderson, M.D., vol. v.," 1800.

depth of water sufficient for ships of any burden. The hills begin to rise about a short mile from the north gate of the town. The Var falls into the sea about four miles to the westward; and is fordable at the village of St. Laurent, which stands on the French side, near the mouth of the river. The space between the Var and Nice, is a succession of agreeable eminences, adorned with a great number of white houses, or *cassines*, surrounded by plantations of olives, vines, oranges, lemons, and citrons. The air of Nice is pure and penetrating, yet mild, generally dry, and elastic; and the sky is remarkably clear and serene. The well water is mostly hard, but not unwholesome; and there are some springs both in the town and neighbourhood, which are surprisingly cold, limpid, and agreeable."

I have been favoured by three physicians of high reputation; at present practising at Nice, namely, Drs. Pantaleone, Travis, and Trousdell, with letters containing their experience of Nice as a residence for invalids, which they have kindly permitted me to publish, and which I now do, believing that they will prove valuable to the profession.

Dr. Pantaleone's observations on Nice admit of being considered, *in a condensed form*, under two heads:—

1st. With respect to the class of patients who are benefited by a residence at Nice.

2ndly. With regard to the numerous forms of diseases which are disserved by the climate of Nice.

Respecting the first, Dr. Pantaleone says:—"Patients labouring under tuberculosis, or chronic scrofulous consolidation of the lungs in their upper portions, cannot find any better climate than that of Nice. I have known a few undoubted cases of the disease which had been diagnosed by some of the first physicians in Europe, cured by a residence at Nice, without leaving any trace of the previous ailment, detectible by either auscultation or percussion. In other cases the consolidation remained stationary without any bad consequences, no change taking place, as I have seen, for four or five years spent at Nice, or suitable parts of France, or England;



these are indeed the most striking cases of real and permanent cures, the results of a residence at Nice. But if there is fever, or sub-acute inflammation present in such cases, then Nice is one of the worst possible places for such patients; under which circumstances, I think Méntone<sup>1</sup> answers better than either Cannes, or Nice; but in cases of tuberculosis of the lung, where there is great irritability present, Rome is, according to my experience, a more suitable climate than any place I am acquainted with, provided the patient is not suffering under atonic dyspepsia.

"Patients suffering under old chronic catarrhs cannot select a better climate in Europe than Nice, the same may be said of chronic asthma; but according to the special characteristics of these diseases, sometimes your department No. 1, sometimes No. 2, and in other cases No. 3 (which you so faithfully described in the 'Notes on Nice,' you were taking whilst here), will prove most beneficial.

"Chronic diseases of the liver do well at Nice.

"Albuminuria is benefitted by the warm dry atmosphere of Nice.

"Amenorrhœa, as a general rule, readily yields to proper treatment at Nice, partly, perhaps, on account of the improvement imparted by a residence here to the general health, and partly perhaps owing to the tendency in the climate to diminish various forms of abdominal congestion.

"I have met with two cases of Leucocythemia at Nice—one was benefitted by the climate, but I lost sight of it ultimately. The second case is *perfectly cured*, all the hæmorrhages have disappeared, the spleen has returned to its ordinary size, the blood, on microscopic examination, shows no difference from its normal condition, and

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<sup>1</sup> Having paid a flying visit to Mentone, I am bound to say that I formed a very favourable opinion of its genial climate and sheltered aspect, and I have no hesitation in saying that both the public and medical profession are greatly indebted to Dr. Bennett (who was very attentive to me during my short visit to Mentone, and pointed out to me its numerous advantages) for having directed their attention to that sunny spot. Dr. Bennett's able and interesting work on Mentone ought to be in the hands of every medical practitioner.—J. S. H.



the patient has become from 156 lbs. in weight to 192 lbs.; his natural colour has returned, and his general health and strength are in every way excellent. I publish this case as it is the only one of the disease which, according to my knowledge, has been cured. The climate of Nice helped me much in my successful treatment of the foregoing case.

"Gouty and rheumatic patients are benefitted by the climate of Nice. Generally speaking, in gout, no fixed attacks of the disease are experienced here; and what is important to record is, that the disease is checked without any of the bad results of suppressed gout.

"Having thus given you an outline of the diseases which are benefitted by Nice, I shall next mention those affections which are not served by our climate, and which, therefore, ought *not* to be sent here. I shall, at the same time, make a few observations on the diseases which are produced, or born, at Nice.

"All inflammatory complaints, but more especially those of the brain, are increased by the stimulating effects of the climate of Nice. In fact, no inflammatory affections of the brain or spinal marrow, are served by a residence at Nice, and the same observation holds good respecting patients who are liable to attacks of excitement of the brain. Chronic paralytic cases are, on the contrary, for obvious reasons, benefitted by Nice; in fact, cases in which there is debility without inflammation. I cannot better explain my views with respect to paralytic patients than to say that these cases of paralysis in which the stimulating springs of Wilbad or Gastein would be dangerous, ought *not* to come to Nice. Under contrary dispositions they will find Nice the best place of residence they can select.

"Cases of diarrhœa are frequently met here, and if not properly attended to, prove most obstinate, more especially if opium has been injudiciously had recourse to.

"Cases of bronchitis are frequently produced at Nice by the sudden changes of temperature from hot to cold, in those who imprudently expose themselves without taking proper precautions.

"Ordinary cases of fever are very rare at Nice, but cases of ague, when developed, are very obstinate.

"Exanthemata, when met with, are very mild, and they very seldom spread extensively from house to house, or grow prevalent, and this observation applies to every other form of contagious disease, and this is obviously due to the isolation of the houses, and prevalence of wind at Nice.

"Inflammatory affections are rare here, and seldom present themselves in very acute forms. In seven years' residence here, I have been obliged to use *general* depletion in only three cases of acute inflammation, whilst local depletion has, of course, been called for in many diseases.

"Scrofula is not rare amongst the natives of Nice, or Nizzards, but, generally speaking, it is a disease limited to children of the inferior classes in the old town, from the combined wants of good drainage,<sup>1</sup> fresh air, nourishing food, proper raiment, and cleanliness."

The following are Dr. Travis' observations on Nice, which I give in their entirety:—

Nice, 12th February, 1868.

MY DEAR DR. HUGHES,—At length I am at liberty to fulfil my promise of writing you a few lines on the subject of your inquiries when at Nice, although I have little to add to the remarks I made, in answer to your inquiries, when I had the pleasure of seeing you here.

I may commence by stating that in twenty-seven winters I have passed at Nice, we have never had so long or so severe a season of cold as the present one, the worst and most trying part of it having been during the time you were here, and the invalids have felt it proportionately.

Nice is, indeed, as I mentioned to you, unfavourable to

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<sup>1</sup> I regret to say that the sewage of Nice is in a very imperfect state; in fact, if I am rightly informed, there is no sewage properly so called, every house having a tank which has to be emptied from time to time, and the stench of some parts of modern Nice, especially on the Quai Massena is sometimes intolerable. I am told that the attention of the municipal authorities has been forcibly drawn by the medical men of Nice to the neglected condition of the sewage of the entire town, and it is to be hoped that ere long this serious drawback to the sanitary advantages of Nice will be rectified.—J. S. H.

a large proportion of persons suffering from affections of the chest, of whom a much smaller number are now sent to Nice than formerly. Where tubercular phthisis has advanced beyond the first stage, I have rarely seen any invalid improve at Nice, but chronic bronchitis, peripneumonia, notha or winter catarrh, with profuse expectoration, and even that most capricious malady *asthma* (in some forms), are all benefitted by a residence at Nice, and I have known many individuals who had a great facility for catching cold (as it is termed) become much less susceptible from a winter at Nice.

The part of Nice best suited to these cases, as you yourself must have observed, is on the land side, away from the sea, including Cimies (the site of the old Roman City), St. Etienne, Carabacel, and St. Barthelemi.

These districts are all considerably more sheltered than the town of Nice, and in consequence of the absence of wind, the temperature is somewhat higher; the air too is more moist—a great advantage in a climate where rain does not fall for many weeks together. The most sheltered part of the sea-shore is beyond the port, in the quarter called the Lazaret.

The peculiar property in the Nice air which seems so unfavourable to consumptive patients is also very trying to dyspepsia of an irritable character; whilst, on the contrary, in nervous dyspepsia and many chronic conditions of the asthenic class, the dry stimulating air of Nice is very advantageous.

Indeed it is in the broken down condition of health, after severe illnesses, &c., that the most surprising effects of this climate are visible, with scarcely any medical treatment whatever.

Loss of physical and mental energy from whatever cause seem gradually to disappear, and there is never a season at Nice that some remarkable instance of this kind does not present itself.

Nice is also remarkable for its favourable effect in rheumatic and gouty complaints, in neuralgia also, where the patient will take ordinary precautions in avoiding draughts and sudden changes of temperature.



On this latter point, as in all countries where the sun is powerful, and the air, from the proximity of snow-mountains, cold, too much stress cannot be laid on the danger of being out about sun-set, from the sudden abstraction of heat from the surface of the body by evaporation.

There is a peculiarity along this coast in the inability, which many persons experience, as to sleeping close to the sea, whilst a removal to a distance of only a few hundred yards will very frequently remove this difficulty altogether, this occurs so frequently as scarcely to be credible if not noted by an eye-witness.

I ought, perhaps, to mention that our finest months are usually November, December, January, and February, especially the two former, when the sky is frequently for many days together without a cloud. March, as in every other part of Europe, is a windy month, but on an average of twenty years, there are not more than ten or twelve days of wind between the 25th February and 10th of April of each year.

Intermittent and other fevers are of very rare occurrence at Nice, either among the natives or visitors.

The facility of reaching Nice of late by rail has been a snare to many invalids—inducing them to remain too late in England and other cold countries.

To secure the full advantage from his winter in the South, the invalid should be established in his quarters by the end of October.

I dare say I have omitted many things which you would have proposed to me, had you been at hand, but I think I have included everything of importance that could come within the scope of a letter. Should I not have done so, you have only to write to me *any direct questions*, which I will answer *seriatim* to the best of my power.—Believe me to remain, yours sincerely,

W. A. TRAVIS, M.D.Edin., F.R.C.P.L.

Dr. Trousseau, L.R.C.S.I., writes to me as follows:—

“I would strongly recommend medical men in Great Britain to send all cases of albuminuria, whether associ-



ated or not with gouty diathesis, to Nice. According to my experience in such cases, relief is obtained very soon, indeed, after a residence here. The skin which before refused to act, as a general rule, now acts abundantly; and œdema of the extremities (should such be present) disappears in a very short time. The patient being able to live the greater part of the day in the open air and *sunshine*, rapidly regains his appetite and strength, and is able to take and enjoy long walks, instead of being shut up in his room as at home, with no other object in view than attending to, and keeping up a *good fire*. But at the same time the invalid must observe certain precautions, and not expose himself to currents of *cold air*, which are to be found in shady places; nor is he to remain out of doors until sunset, as the air suddenly becomes cold, and a heavy dew falls a short time before the sun goes down. In albuminuria, as well as in all cases of a gouty or rheumatic tendency, a residence at Nice throughout the summer months would, in my opinion, confer more benefit than even during the winter months, as a continual free action of the skin is kept up, without any *depressing* effects from the heat of the climate; and at this season, in addition, an invalid is not subject to the chances of catching colds by sudden changes of temperature as in the winter and spring months; nor is he *debilitated* in any way by the *asserted* great heat of the climate.

“I have been induced to make these few remarks as to a summer’s residence at Nice, as I know that it is generally believed by most, if not all of our winter visitors, that Nice is, or *must* be, a perfect *furnace* during the summer months; I am, however, in a position to say that such is not the case. Last summer, the thermometer stood at 84° in the shade at noon (except for a very short time, when it rose to 86°) for nearly three months, and so steady was the temperature during these months, that the thermometer registered the same heat each day at the corresponding hours; and every day from about nine A.M., a strong sea breeze set in, and blew un-

interruptedly up to about five P.M. many days, causing such an amount of surf on the beach, that it was impossible for the bathers to enjoy their swim. In fact, an invalid may spend his entire day out in the open-air in summer as well as in winter; at mid-day he may saunter (or sit out) either on the shady side of the streets, or under the shelter of the beautiful trees, under which a person may walk almost from one end of Nice to the other without even seeing the sun. The sea-bathing at Nice, which is excellent, is prolonged to a late period in the year. And as for the genial nature of the climate in the mornings and afternoons, it is really more delightful than I can possibly find words to describe it in. Thunder-storms are not frequent during this season, and when they do occur are not severe; they are attended by heavy showers, which are very refreshing. I may add here, that although no rain falls for three or four months, except an occasional shower of this sort, that the country does not look dried up and burned as in England, after a few weeks dry weather in summer. To all this, there is an abundance of fruits of all kinds (marvellously cheap), flowers and vegetables, house-rent at an extremely low price; carriages, row-boats, and little yachts for hire, easily to be got, and at a moderate tariff—with many other advantages which are too numerous to mention in this short paper, but to which I would strongly call the attention of my medical brethren, when in any doubt as to a fit place to recommend a change of climate, during the summer, to any of their patients who may be affected with the diseases I have named above.

“To return to the winter season. Another class of disease for which I would recommend a residence at Nice is dyspepsia, in most of its atonic forms, whether as a primary or secondary lesion, and especially that form of the disease brought before the Medico-Chirurgical Society by Dr. Fuller, attended with extreme languor, restlessness, flatulence, and acidity, with an excess of urea in the urine. In this complaint I have seen the greatest benefit, in fact a perfect cure, result from a winter's sojourn at Nice.

"Lastly, I would call attention to a class of people who though not, strictly speaking, 'invalids,' nevertheless are always ailing, and during the winter and spring months scarcely if ever breathe the open and pure air. Such people are generally in the decline of life; readily catch cold in the least exposure; are always 'wheezy' or rheumatic, and, as a rule, from the sedentary, shut-up lives they are obliged to lead, die years before their time. To such people and their medical advisers I would say, and earnestly entreat them, as soon as October sets in, set off at once for Nice for the winter months, where, by passing the best part of the day in the open air, they will gain a 'Renewal of Life,' and thereby add years to their existence. I could quote many such cases of prudent elderly people who yearly make Nice their winter residence, receiving as their reward the greatest of all blessings, health and longevity.

"One very great advantage which I consider Nice possesses for the invalids, or that last class of persons, viz., those who come here to 'cheat' the winter, is that it offers a great variety of amusements all the day long, and from its great extent and large population, especially in winter, increased as it is by people of all nations, that the invalid is not constantly meeting with other invalids, thereby reminding him perpetually of his misfortunes, and I have no doubt that the very gay and amusing scenes which constantly keep the mind away from thinking or brooding over the ills of the body, contribute in no small degree to the hygienic and restorative effects of this more than favoured spot of the South of France.

"Many people are deterred from coming to Nice on account of the great distance it is from England, but in these days distance is nothing. A few years ago it was a formidable journey to undertake, both as to time and expense. Now-a-days, the railways and steamers have done away with both.

"In fine, I may sum up these observations by saying that in the class of cases I have named, that the climate of Nice is the most powerful *restorative means* at our command."



Some of the best published observations I have read on the climate of Nice are the following, which are contained in that excellent little work of Dr. Edwin Lee's, which he has published under the heading of "Nice and its Climate," a book I can strongly recommend to those about to visit Nice, viz. :—

"The frequentation of Nice and its environs on the score of health dates from the period of the occupation of the country by the Romans, when patients were frequently sent from Rome to Cimiez; and the reputation of this climate has ever since been maintained; many professional and non-professional writers having spoken highly in its favour. About 100 years ago, Smollett observed in his 'Letters from Nice,' 'There is no place where rain and wind prevail less (in winter) than here. To give you an idea of the serenity of the air, I can assure you that during whole months one sees above one's head nothing but a deep blue. The air being pure, dry, and elastic, must exercise a salutary influence upon the constitution of persons affected with diseases of the nervous system; it must also be suited to those who suffer from checked perspiration, from relaxed fibres, and a tendency to languors. For my part, since I have installed myself here, I breathe more freely than I had done for several years before, and I feel myself transported with a vivacity previously unknown to me. The Nice air has likewise relieved me from a slow fever, which had resisted every treatment and had rendered life an intolerable burden to me. I do not take cold here so easily as in France or in England; when I do, it is not attended with the same serious symptoms as in other countries. The air is so perfectly dry that in summer and in winter one may pass the evening, and even the night, *sub dio*, without experiencing inconvenience, or feeling the least moisture. Fog is here altogether unknown.'

"A German physician, Dr. Sulzer, likewise wrote at a later period (1792): 'I cannot quit this country without panegyrising its climate, which is excellent among the most privileged. The English who are accustomed to leave their cloudy island in autumn to pass the winter in the southern



zones of Europe, have greatly contributed to bring into repute the remedial and comforting influence of the environs of Nice, and assuredly this reputation is well merited in more respects than one. Persons who do not look for the noisy pleasures of large capitals are sure of finding here a benignant and constantly warm atmosphere in which the body feels its infirmities disperse, and its youth regained. Here, one is sheltered from cold, snow, and fog, and one enjoys in the depth of winter the delights of a perpetual spring.

“ ‘The air of Nice seems to me to be much more pure and serene than anywhere else. A tolerable judgment may be formed of its character in this respect from the brightness and sparkling of the constellations, and the number of shooting stars, which are only visible in Germany on the finest winter nights. There is, perhaps, no town in Europe which is so well adapted for the establishment of an observatory ; for even in rainy weather, one does not perceive that the air becomes saturated with humidity, or that it is thick. Hence, an invalid who wants to breathe a pure and dry air, and to take exercise, will find at Nice all that can hasten his restoration. The promenade around the town is really very agreeable, though rather short ; but those who like variety should make excursions among the valleys and on the hills, where the beauty and the variety of the points of view are inexhaustible. In this privileged climate nature does not repose during winter ; the gardens retain their green foliage, and spring flowers are constantly seen. The uncultivated places on the mountains are perpetually clothed with grasses ; the plains are embellished with flowers and trees bearing blossoms and fruits, among which the orange and lemon trees display a brightness of colouring that is remarkable at such a time of the year.’

“ A more recent author (Foderé) remarks respecting the district : ‘Six leagues of the coast constitute the maritime portion of this country, and comprise the towns of Nice, Villefranche, Monaco, and Menton ; as also the villages of Eza, Turbia, and Roqueburne, which are placed on rocks bordering the sea. This territory is remarkable for its

olive woods, its carob trees, and especially for its orange and lemon trees, which, being always green, and laden with fruit and flowers, present to the traveller the aspect of perpetual spring.

“The mountainous part of the district, which is the most extensive, differs in its productions according to its eastern, southern, northern, or western exposure. In the former all the successive chains of mountains, rising higher and higher, which close the horizon of this maritime coast, produce the vine and olive at their base and on their sides; their summits being bare. From all the more elevated points of these mountains, at a distance of four, five, and six leagues from the coast, the sea is visible, and from all these points the warm and soft breath of the south and east winds blow. On their opposite side the north wind prevails, and the country produces only wheat and barley. One is really surprised to find, frequently in two villages at a very short distance from each other, productions of an entirely different nature. The lower chain of these Alps is the most populous and the most fertile. It comprises the villages of Falicon, St. André, Tourette, Aspremonte, Contes, Chateauneuf, and Levens, to the right of Nice; on its left those of Drap and Scarena.

“The beauty and serenity of the atmosphere, and an always reviving nature, add fresh charms to that of the mild temperature. Nowhere on the fine days of autumn and winter is the sky of a purer blue, or more cloudless than in lower Provence; we begin to admire it on descending the Rhone, after passing Valence; it is like the sky of Greece, and Provence is the Greece of the Gauls.’<sup>1</sup>

“The above eulogiums are likewise in some measure applicable to other localities which were not known at the time they were penned; and, notwithstanding the flattering picture they present, it must not be supposed that Nice is exempted from some material drawbacks to its enjoyment as a place of winter abode.

“Even Smollett, who speaks in such high terms of the

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1 “Voyage aux Alpes Maritimes.”

climate in general, remarks with respect to the transitions of temperature that are frequently experienced : ‘It often happens in winter, and especially in spring, that the sun has so much power that one can hardly take exercise without its producing sweating, and without any transition the wind arises so cold and piercing that it is liable to produce a very dangerous effect, and diseases with an inflammatory complication may result from this sudden change.’

“‘Heaven forbid’ likewise says a native writer, ‘that we should seek to conceal any of the inconveniences of the place; the inconstancy of the winds is extreme; they frequently change several times a-day. It likewise sometimes happens that several winds blow strongly at the same time; an ærial tempest ensues, and then this fine climate changes from hot to cold, and *vice versa*. These changes sometimes occasion, especially in spring, such an unexpected return of cold weather, that if there is no winter at Nice, it may also be said there is no spring; in fact, the winter is so mild, and the spring comes in so quickly, that unless the course of these seasons be interverted by stormy winds, the transition from winter to summer is scarcely perceived.’<sup>1</sup>

“All this sheltered part of the Mediterranean coast presents, however, in my opinion, more advantages and fewer drawbacks as respects climate, and is more applicable to a large class of invalids from northern countries than most other places of winter resort; and I am desirous, in corroboration of this opinion, to show the estimation in which it is held by medical and non-medical authors who are not residents, and whose opinions may, therefore, be considered as exempt from local bias. The following favourable notice is taken from a small work already quoted: ‘I have no hesitation in saying,’ writes Mr. Dunbar, ‘that by most persons, whether in invalid or in robust health, Nice must be considered a most desirable and agreeable place in which to spend the coldest months of the year. Of course the climate has its peculiarities,

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1 Roubaudi.—“Nice et ses Environs.”

which are found to suit some complaints and some constitutions better than others.

“‘But apart from such specialities, if any one seeks a mild yet dry and invigorating atmosphere, an almost invariably bright and serene sky, giving a cheerfulness of aspect to all things without, and tending to communicate itself to the mind within ; if it be desired to avoid the extreme of cold, or even the ordinary gloom and severity of our northern winter, then I can confidently recommend a winter at Nice. If my opinion on such a matter is worth anything, it ought to be regarded as a testimony all the more favourable to Nice, from the fact, that my impression of it has been formed during a season somewhat exceptional for its changeableness even here, and acknowledged to have been the most severe and inclement that has visited other parts of Europe for many years. My own register of the thermometer, and observation of the weather generally, during the last few months, show a degree of mildness and steadiness of temperature, not to be surpassed probably in any other locality in Europe. This I find to be fully borne out by meteorological tables, kept by residents here for a series of past years.

“‘It is not, however, to be inferred that the climate of Nice is free from all disagreeable changes or drawbacks. There are quite sufficient of these to make unreasonable grumblers occasionally announce their disappointment that the weather is not every day and every hour entirely perfect. After several weeks, perhaps, of steady mildness and clear skies, a day or two of clouds will occur, and forthwith you hear, ‘Is this your boasted climate ? Why it is no better than a November day in London.’ A chilly morning or a cold wind displeases them. ‘It could not be much colder in England,’ forgetting that while the prevalence of fine weather may be reckoned by weeks, the reverse is a matter only of days. For my own part, I can bear this testimony to the credit of the climate : that, with the exception of a few days of chilly rain and sleet in the middle of December, and two or three sharp frosty mornings about Christmas, I have seen nothing this season that at all re-



alizes our idea of winter. January was a month of uninterrupted mildness and even warmth of temperature, the sky always serene, for the most part cloudless, and marked by a singular absence of wind, or any disturbing influence; the frosty mornings above alluded to occurred, be it observed, when all the more northern parts of Europe were benumbed and paralyzed by an intensity of cold, such as will make the December of 1860 memorable for generations to come.

“From a series of tables extending over seven years, I observe that the thermometer did not fall as low as the freezing point more than two or at most three times during the winter, and that it never reached lower than 28. These observations were taken in a northern exposure, and in the shade. The number of days characterized throughout by clear sunshine have been reckoned at 180 in the year, divided as follows : winter 42, spring 42, autumn 40, summer 56 ; the remaining 185 days include those that are dry and fine though cloudy (which occur principally in autumn and in the first winter months) ; those that are showery, and those that are regularly wet. Another most agreeable and, to the invalid, most valuable feature of the climate, is the remarkable number of calm days during the winter. Blustering winds, so fatiguing to the body, and so trying to the organs of respiration, are here but seldom experienced (through November, December, and great part of January). Even when the air is sharp, and comparatively cold in the morning, its undisturbed stillness, combined with its elastic dryness, render the early part of the day peculiarly pleasant and invigorating for out-door exercise. The March winds, with their cloud of dust, though undoubtedly the drawback of Nice in the latter part of the winter season, are, in my experience at least, neither so frequent nor so formidable as they are often represented.’

“As regards the effect of the climate, after adverting to the benefit derived by patients ‘in numerous cases of general delicacy, or temporary derangement of health, arising from a feeble organization, a sluggish state of the circulation or secretions, resulting in a low nervous tone, physical and

mental,' this author adds, 'I have known several cases, among the many that continually occur, of feeble, delicate children having been brought to Nice in a condition in which it seemed as though a few weeks or months must terminate their existence, but on whom the invigorating air and sunshine of this place has proved like a new life breathed upon them, causing their little frames to vegetate with a strength and vigour almost from day to day.

"Common sense will at once perceive that a climate with properties so strongly marked must be unsuitable to some persons, and some stages of disease, just from the very causes that make it beneficial to others. But, if I may form any opinion from the number and variety of cases and complaints among the visitors I have known and heard of here this season, and the effects their sojourn at Nice has produced upon them, I am inclined to think that such exceptional cases are much fewer than are generally supposed.'<sup>1</sup>

"Professor Sigmund, 'of Vienna, specifies, among the disadvantages of Nice, the presence of dust at all seasons and the want of cleanliness of the streets. In these respects, however, an improvement has taken place since the annexation—the streets are cleaner and better watered, and the dust is only inconvenient when there is much wind. This writer enumerates among the advantages of the place, a prevailing mild temperature in winter, the infrequency of high and cold winds at this season, as also of rain; the absence of hail or snow, a sunny dry air, the rich and varied vegetation, and the favourable opportunity for taking out-door exercise. 'The air,' he observes, 'is drier here than at any other place of resort in Italy, which is very sensible in sharp and changeable March. Sudden changes of warm and cold dry days, with the moist evenings and night air, especially in the suburbs.'<sup>2</sup>

Smollett in writing on the climate of Nice says—"The constitution of this climate may be pretty well ascertained, from the enclosed register of the weather, which I kept with

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<sup>1</sup> "From London to Nice, 1861."—Hamilton, Adams, and Co. See also the Addenda.

<sup>2</sup> "Die Südliche Klimatische Curorte—1859."

all possible care and attention. From a perusal of it you will see there is less wind and rain at Nice than in any other part of the world that I know ; and such is the serenity of the air, that you see nothing above your head for several months together, but a charming blue expanse without cloud or speck. Whatever clouds may be formed by evaporation from the sea, they seldom or never hover over this small territory ; but in all probability are attracted by the mountains that surround it, and there fall in rain or snow. As for those that gather from other quarters, I suppose their progress hitherward is obstructed by those very Alps which rise one over another, to an extent of many leagues. This air being dry, pure, heavy, and elastic, must be agreeable to the constitution of those who labour under disorders arising from weak nerves, obstructed perspiration, relaxed fibres, a viscosity of lymph, and a languid circulation. In other respects, it encourages the scurvy, the atmosphere being undoubtedly impregnated with sea-salt. . . .

“ I must also acknowledge, that ever since my arrival at Nice, I have breathed more freely than I had done for some years, and my spirits have been more alert. The father of my *æconome*, who was a dancing-master, had been so afflicted with an asthmatic disorder that he could not live in France, Spain, or Italy, but found the air of Nice so agreeable to his lungs, that he was enabled to exercise his profession for above twenty years, and died last spring, turned seventy. Another advantage I have reaped from this climate, is my being, in a great measure, delivered from a slow fever which used to hang about me, and render life a burden. Neither am I so apt to catch cold as I used to be in England and France ; and the colds I do catch are not of the same continuance and consequence as those to which I was formerly subject. The air of Nice is so dry that in summer, and even in winter (except in wet weather) you may pass the evening, and indeed the whole night, *sub dio*, without feeling the least dew or moisture ; and as for fogs, they are never seen in this district. In summer the air is cooled by a regular sea-breeze blowing from the east, like that of the West Indies. It begins in the forenoon,

and increases with the heat of the day. It dies away about six or seven ; and, immediately after sunset, is succeeded by an agreeable land-breeze from the mountains. The sea-breeze from the eastward, however, is not so constant here as in the West Indies, between the tropics, because the sun which produces it is not so powerful. This country lies nearer the region of variable winds, and is surrounded by mountains, capes, and straits, which often influence the constitution and current of the air. About the winter solstice, the people of Nice expect wind and rain, which generally lasts, with intervals, till the beginning of February. But even during this, their worst weather, the sun breaks out occasionally, and you may take the air either a-foot or on horse-back every day, for the moisture is immediately absorbed by the earth, which is naturally dry. They likewise lay their account with being visited by showers of rain and gusts of wind in April. A week's rain in the middle of August makes them happy. It not only refreshes the parched ground, and plumps up the grapes and other fruit, but it cools the air and assuages the heats, which then begin to grow very troublesome ; but the rainy season is about the autumnal equinox, or rather something later. It continues about twelve days or a fortnight, and is extremely welcome to the natives of this country. This rainy season is often delayed till the latter end of November, and sometimes till the month of December, in which case, the rest of the winter is generally dry. The heavy rains in this country generally come with a south-west wind, which was the *creberque procellis Afri-cus* of the ancients. It is here called *Lebeche*, a corruption of *Lybicus* ; it generally blows high for a day or two, and rolls the Mediterranean before it in huge waves that often enter the town of Nice. It likewise drives before it all the clouds which had been formed above the surface of the Mediterranean. These being expended in rain, fair weather naturally ensues. For this reason, the Nissards observe *le Lebeche raccommode le tems*. . . . .

“I have described the agreeable side of this climate, and now I will point out its inconveniences. In the winter,



but especially in the spring, the sun is so hot that one can hardly take exercise of any sort abroad, without being thrown into a breathing sweat ; and the wind at this season is so cold and piercing, that it often produces a mischievous effect on the pores thus opened. If the heat rarifies the blood and juices, while the cold air constricts the fibres, and obstructs the perspiration, inflammatory disorders must ensue. Accordingly, the people are then subject to colds, pleurisies, peripneumonies, and ardent fevers. An old count advised me to stay within doors in March, *car alors les humeurs commencent à se remuer*. During the heats of summer, some few persons of gross habits have, in consequence of violent exercise and excess, been seized with putrid fevers, attended with exanthemata, erysipelas, and milliary eruptions, which commonly prove fatal ; but the people in general are healthy, even those that take very little exercise : A strong presumption in favour of the climate !”

Sir James Clark, in his valuable work on “The Sanative Influence of Climate,” makes the following interesting remarks on Nice, viz. :—

“The climate of Nice approximates more nearly in its general character to that of Provence, which has just been described, than to any other. Its mean annual temperature is  $59^{\circ}$ , being  $9^{\circ}$  warmer than London,  $7^{\circ}$  warmer than Penzance,  $1^{\circ}$  colder than Rome, and  $5^{\circ}$  colder than Madeira. The mean temperature of *winter* is  $48^{\circ}$  ; that is, nearly  $9^{\circ}$  warmer than London,  $4^{\circ}$  warmer than Penzance,  $1^{\circ}$  colder than Rome, and  $12^{\circ}$  colder than Madeira. The mean temperature of *spring* is  $56^{\circ}$  ; being  $7^{\circ}$  warmer than London,  $6^{\circ}$  warmer than Penzance,  $1^{\circ}$  colder than Rome, and  $6^{\circ}$  colder than Madeira. The temperature throughout the year is more equally distributed at Nice than at any other place in the South of Europe, except Rome and Cadiz ; the difference of the warmest and coldest months being only  $28^{\circ}$ , and the mean difference of successive months only  $4^{\circ}74$ .

“The range of temperature for the day is also less at Nice than at any other part of the South of Europe ; and in steadiness of temperature it ranks next to Madeira.

"The mild and equable character of the climate of Nice depends in a great measure on the position of the place with respect to the neighbouring mountains and the sea. The maritime Alps form a lofty barrier, which shelters it in some degree from northerly winds during winter ; and the cool sea breeze, which prevails every day with a regularity almost equal to that of a tropical climate, moderates the summer heat. 'Cet alizé Méditerranéen,' says M. Risso, 'toujours doux, frais et tranquille, s'élève périodiquement vers neuf à dix heures du matin, cesse souvent vers les quatre heures après midi, et s'étend dans l'intérieur de nos Alpes rarement au delà de huit myriamètres.'<sup>1</sup> These circumstances explain the small annual range of temperature at this place, already noticed, and which a reference to the table in the appendix will show to be much less than in most parts of Italy.

"Notwithstanding the extent, however, to which Nice and its environs are encircled by mountains (and it is so in a great measure from W.S.W. to E.S.E.), it is by no means exempt from cold winds during the winter, and still less so during the spring. The easterly winds are the most prevalent during the latter season. They range from east to north-east, frequently blow with considerable force, and are often accompanied with a hazy state of atmosphere. Sometimes this wind commences in the forenoon, at other times not until the afternoon. When the early part of the day is fine, it never should be lost for exercise, as a cold windy afternoon not unfrequently succeeds a calm mild morning.

"From the north-west or *mistral*, which is the scourge of Provence, Nice is pretty well sheltered. The force of this wind seems to be broken, and directed to the southward by the Estrelles, a chain of mountains between Frejus and Cannes. But although the mistral is not experienced in

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<sup>1</sup> " ' Histoire Naturelle de Principales Productions de l'Europe Méridionale, et particulièrement de celles des Environs de Nice.' 1826. par A. Risso. Vol. i. p. 219. To this excellent work I beg leave to refer those of my readers who may be desirous of information respecting the natural history of the South of Europe."

its full force at Nice, or only towards its termination, when it takes a more westerly direction (*la queue de la mistral*), the keen, dry quality of the air is very sensibly felt whilst it prevails. It sets in generally about two or three o'clock in the afternoon, and is not of long duration. The wind seldom blows strong directly from the north, though the air is very sharp when it is in that quarter. The northerly gales, descending from the summits of the high range of mountains which encircle the valley of Nice on the north, are little felt; they appear to pass in an oblique direction over the town.<sup>1</sup> The sirocco is of rare occurrence, and when it does pay a visit in the winter, it is gentle, and not unpleasant to the feelings of invalids in general.

"The weather at Nice during the winter is comparatively settled and fine, the atmosphere being generally clear and the sky remarkable for its brilliancy. The temperature seldom sinks to the freezing point, and when it does, it is only during the night; so that vegetation is never altogether suspended. Indeed, at Nice, winter is a season of flowers, the dryness of the air rendering the same degree of cold less injurious to them than it would be in a more humid atmosphere. Spring is the most unfavourable season; the sharp, chilling, easterly winds are the greatest enemy with which the invalid has to contend; and the prevalence of these during the months of March and April forms the greatest objection to this climate, especially in pulmonary diseases.

"It must not be supposed, however, that these sharp spring winds are peculiar to Nice. They prevail more or less over the whole south of Europe. They are equally bad at Naples; somewhat softened at Pisa; and still more so, perhaps, at Rome.

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1 "On éprouve fort rarement," says M. Risso, "toute sa force dans les couches inférieures de l'air qui environnent le plateau de Nice, à cause du triple rang de montagnes qui l'entourent; il occupe presque toujours les couches supérieures, et descend en pente comme un grand torrent aérien sur la mer; car on aperçoit à un kilomètre du rivage qu'il commence à en friser la surface pour former un peu plus loin des vagues qui, s'élevant les unes sur les autres, vont porter les tempêtes sur les côtes oreales d'Afrique."—*Hist. Nat.* vol. i. p. 216."

"The climate of Nice is altogether a very dry one. Rain falls chiefly during particular seasons. From the middle of October to the middle of November it generally rains a good deal; also about the winter solstice there is commonly some rain, and again after the vernal equinox. The quantity of rain that falls during the year has not been accurately estimated.

"Upon the whole, in the physical qualities of its climate, Nice possesses considerable advantages over the south-east of France, more especially in being protected from the mistral.

"Nice is upon the whole a healthy place. Catarrhal affections and inflammation of the lungs rank among the most frequent diseases of the inhabitants. They are especially common and violent in the spring, and are generally complicated with irritation of the digestive organs. Pulmonary consumption is much less frequent than in England and France. Gastric fever and chronic gastritis are very common diseases. Indeed, gastric irritation appears to be very prevalent, and almost all other diseases are complicated with it. Intermittent fevers are not unfrequent among the peasantry living or labouring in unhealthy situations in the country. The flat ground on the banks of the Var is the most fruitful source of these fevers. The guards stationed on the bridge which crosses this boundary stream, are frequently attacked with ague during the unhealthy season, although they are stationed there only a few days at a time. This is a disease, however, from which the winter resident at Nice has nothing to fear. Dr. Skirving, during a long residence there, met with one case only of ague amongst the strangers. Diseases of the eyes are very prevalent, particularly amaurosis and cataract; cutaneous diseases are also very common.

"In describing the effects of the climate of Nice on disease, I am much indebted to Dr. Skirving for the results of his extensive experience.<sup>1</sup>

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<sup>1</sup> "Dr. Skirving practised at Nice with great reputation for many years; but for the last ten years he was mostly confined to his house by a paralytic affection, which carried him off last autumn."



"In consumption, the disease with which the climate of Nice has been chiefly associated in the minds of medical men in this country, little benefit is to be expected from the climate. When this disease is complicated with an irritable state of the mucous membranes of the larynx, trachea, or bronchi, or of the stomach, the climate is decidedly unfavourable; and, without extreme care on the part of the patient, and a very strict regimen, the complaint will in all probability be aggravated by a residence at Nice. Indeed, the cases of consumption which ought to be sent to this place are of rare occurrence. If there are any such, it is when the disease exists in torpid constitutions, and is free from the complications which have been just mentioned. Even the propriety of selecting Nice as a residence for persons merely threatened with consumption, will depend much upon the constitution of the individual. Dr. Skirving met with cases which left no doubt on his mind that a residence for one or two winters often proves of advantage, as a preventive measure, in young persons predisposed to this disease; and even in some instances in which there was every reason to believe that tubercles already existed in the lungs, the climate has appeared to be useful. But in the advanced stage of consumption, his opinion, founded on eight years' experience, accords with what has been already stated; and this is still further supported by the testimony of Professor Foderé, of Strasbourg, who resided six years at Nice.<sup>1</sup> Indeed, sending patients labouring under confirmed consumption to Nice will, in a great majority of cases, prove more injurious than beneficial.

"In chronic bronchitis, which often simulates phthisis, very salutary effects are produced by a residence at this place. Such patients generally pass the winter with comparatively little suffering from their complaint, and with benefit to their general health. They are here able to be much in the open air, whereas if they had remained in England they would in all probability have been confined during the greater part of the winter to the house. The particular

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<sup>1</sup> "See 'Voyage aux Alpes Maritimes, ou Histoire Naturelle, Agricole, Civile et Médicale du Pays de Nice,' &c. Strasbourg, 1823."

kind of bronchial disease most benefitted by a residence at Nice is that which is accompanied with copious expectoration, whether complicated with asthma or otherwise ; and in the chronic catarrh of aged people it is particularly beneficial. This variety of bronchial disease is directly the reverse of that which is mitigated by the south-west of France and of England : and I think it important here to remark, that unless the distinctions which I have pointed out in bronchial diseases, and their complications, are attended to, great errors must be committed in selecting a residence for such patients.

“ The invalid subject to chronic gout may, in most cases, escape his usual winter attack, and provided he lives with prudence his general health may be improved, by a winter's residence at Nice.

“ In chronic rheumatism the climate is generally very beneficial ; and its advantages are also remarkable in scrofulous complaints. On children the climate generally exerts a very favourable influence, if attention be paid to their diet.

“ In the numerous train of hypochondriacal and nervous symptoms which often originate in dyspeptic complaints, Nice is beneficial ; but here again it is necessary to distinguish the particular character of the affection. The cases of dyspepsia most benefitted are those accompanied with a torpid, relaxed state of the system, with little epigastric sensibility, and none of those symptoms which denote an inflamed or very irritable state of the mucous membrane of the stomach. Where the latter state prevails, Nice will decidedly disagree.

“ In all cases where there is great relaxation and torpor of the constitution, the climate of Nice is extremely useful. In young females labouring under such a state of system, connected with irregularities of the uterine functions, either when these have not been established at the usual period, or when they have afterwards been suppressed, marked benefit may generally be expected. In indicating the class of cases alluded to as likely to derive advantage from the climate of Nice, I would designate them to the practical

physician as those that are usually relieved by chalybeates.

"In a numerous class of patients, whose constitutions have been injured by a long residence in tropical countries, by mercury, &c., and on which a dry and rather exciting climate is indicated, Nice will prove favourable. Some cases of chronic paralysis not connected with cerebral disease have also been found to derive considerable benefit from a residence at this place.

"In stating its general influence on the animal economy, I would say that the climate of Nice is warm, exhilarating, and exciting, but to highly sensitive constitutions somewhat irritating, more especially during the spring. It is extremely favourable to the productions of the vegetable kingdom, some of which flourish here in a degree of luxuriance that is scarcely to be equalled in other parts of the south of Europe.<sup>1</sup>

"Invalids who pass the winter at Nice scarcely ever reside in the town. Some good houses, tolerably well situated and over-looking the terrace, are, however, now to be had ; but in the suburb called the *Croix de Marbre*, and along the sea beach, from the town to the ridge of mountains where the plain terminates on the west, the largest and best houses are to be found ; and here strangers generally reside. At the foot of the hill on which stood *Cimiez*, there are also good houses ; and this is a situation preferable to the lower part of the plain for patients very susceptible of injury from damp ; it is also more protected from the cold northerly winds, and altogether, perhaps, the best situation at Nice for invalids.

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1 "Peu de contrées méridionales de l'Europe offrent un tableau aussi varié en végétaux indigènes et exotiques que les environs de Nice. Dans le fond, c'est une masse d'oliviers qui s'étend sur toutes les collines, et disparaît insensiblement à mesure qu'elle s'éloigne du rivage de la mer. Sur le devant, ce sont des orangers, des bigaradiers, des limoniers, disposés en jardins qui offrent toute la luxe des Hespérides. Pour relever la sombre verdure des uns et la monotonie des autres, des caroubiers, des figuiers, des jujubiers, des raquettiers, des dattiers, des grénadiers, et toutes sortes d'arbres fruitiers distribués sans ordre, en étalant toute leur vigueur, achèvent d'orner et d'embellir ce bel ensemble."—*Risso, Op. citat.*

“Invalids should endeavour to arrive at Nice about the middle of October, or sooner, and should not leave it before the beginning of May. The inconveniences experienced from the spring winds here are felt in a much greater degree in the South of France ; and, accordingly, invalids often suffer severely from the winds of Provence when they leave Nice too early. The invalid may move in the direction of Nice and Genoa at a much earlier period than it would be advisable for him to return over the Estrelles to Provence ; and when the climate of Nice is found to disagree, a change in the spring in the direction of Genoa may in some cases be advisable.”

TIME FOR GOING TO NICE, THE WAY TO GET THERE, AND  
THE EXPENSES OF REACHING IT FROM DUBLIN.

The invalid should, if possible, reach Nice, as pointed out at p. 18 by Dr. Travis, at the end of October at the furthest, when, as a general rule, he shall avoid severe weather on the road, and when, on his arrival at Nice, he shall have an opportunity of selecting suitable *southern* rooms in one or other of the three departments of the town.

In travelling from Dublin to London, the invalid can, if necessary, stop at Chester on his way.

The mode of reaching Nice from London, must to a great extent depend on the patient's state of health, his position in life, and his means of living ; thus, if he is very feeble, and that he can afford to do so, he ought to be accompanied by some person (say a male relative or courier) conversant with travelling, with the route and with the language of the country ; a person who, in fact, can arrange the time and mode of conveyance from place to place, take tickets, register and receive luggage, select rooms at hotels, and pay bills ; indeed, unless a confirmed invalid can have all the foregoing done for him, he had far better, in my opinion, stay at home, for the taking of tickets and registering of luggage almost invariably occupy from twenty to thirty minutes, generally speaking in the early morning, and always in exposed halls or passages, full of



draughts of cold air. The receiving of luggage requires from thirty to sixty minutes, generally in the advanced evening or late at night, and always in cold halls, open stations, or passages, where I have no doubt that the lives of many patients have been shortened by the combined influences of fatigue and exposure to cold.

In the journey from London to Paris, the invalid can, if the weather proves rough, on his arrival at Dover, and that he is a bad sailor, stop at the Lord Warden Hotel at that place, and wait there for a good sea passage, when he can cross over by the morning boat, if he has a good attendant, and that arrangements have been made for his reception at Paris, he ought to "*go through*" to that city, and drive to his hotel at once, leaving the charge of his luggage to his attendant. The other evening, a friend of mine was detained at the Paris terminus, on his arrival from Calais, from twenty minutes past six o'clock in the evening until close on nine o'clock, passing the family luggage and getting it conveyed to his hotel.

From Paris to Nice, a distance of six hundred and seventy-seven miles and a-half, the journey should, as a general rule, be broken by an invalid three or four times on the road. Many people select Dijon, Avignon, Lyons, and Marseilles as resting places, on their way from Paris to Nice.

At Dijon I would recommend the traveller to go to the hotel Jura, which is next to the railway station, and is both a good and reasonable house.

At Lyons, the Hotel de l'Europe is very well spoken of, but I would recommend an invalid to put up at one of the many other hotels nearer to the station. I should say the Hotel du Louvre, or the Deux Mondes are the best.

As a general rule, but especially late in the season, an invalid should not stop at Avignon, it being about the coldest place a patient could select. A friend of mine, last year, on his way to Nice for his health, who was not able to leave Dublin until late in the season, wrote to me from Avignon as follows:—"An invalid who survives a night at Avignon in November is not going to die; it is

the coldest place I ever was in; the wind does not blow there, it groans, it roars, as if it came down from a bellows, driven by an engine over a hundred miles of snow. It comes down the chimneys in a most frightful way. The houses are built to be cold: flat roofs, large windows that open to the floors, open fire-places as large as those in a forge, tiled floors in the bed-rooms and passages, no curtains, doors that wont shut; in fact I never spent such a night as I did at Avignon, and that I escaped with my life is a wonder." There is no doubt that Avignon is, as I have experienced myself, a very cold place, and therefore ought, if possible, to be avoided by a delicate person in search of health.

The Grand Hotel at Marseilles is a very comfortable and well-managed establishment, and is not very expensive, considering the excellent manner in which it is conducted.

The journey from Marseilles to Nice by railway, which is accomplished in a little under six hours, is a very agreeable one, the scenery along the entire line being both varied and beautiful.

Some physicians recommend patients who are not wealthy, and who, therefore, cannot well afford the expense of bringing attendants with them, to travel uninterruptedly from Paris to Nice by express train, a journey which is accomplished in about thirty hours; but I know by experience that even to a person in health the through journey from Paris to Nice is a very fatiguing one, indeed, I therefore cannot recommend it to an invalid, unless under extraordinary circumstances, and then he should engage a *coupé lit* carriage, in which he can recline as often as he is disposed to do so whilst on the road.

With regard to the hotels of Nice they are very numerous, and generally speaking well conducted, but the invalid should, in the choice of a residence at Nice, be guided, to a great extent, by the advice of one of the resident physicians, who, after getting an insight into the patient's state of health, will point out the proper department in which he should settle down.

The cost of travelling from Dublin to Nice by mail

steamers, and first-class express trains, including hotel expenses at the various resting-places, portorage, cab-hire, &c., on the way, amounts, in round numbers, to £16.

The expense of living at Nice will much depend on the class of hotel or boarding-house, and the department selected. The cost of living at a first-class hotel in the modern parts of Nice, or at Carabacel, without a private sitting-room, amounts to from 16 to 20 francs a-day, whilst boarding-houses charge from 7 to 12 francs a-day, but there are some of the latter, I am told, in the more inland parts of Nice, where patients are boarded and lodged for about 5 or 6 francs a-day.

A suite of rooms, including two or three bed-rooms and a large sitting-room, at one of the best hotels in Nice, cost, as a general rule, from 35 to 40 francs a-day; this, however, includes attendance.

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